



Recipe ideas

Yoghurt chicken with pistachio pilaf (SERVES 4)

Ingredients

- 1/2 cup of low fat natural yoghurt
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice
- 1 glove of garlic crushed
- 2 tsp garam masala or 2 tsp of yellow curry paste
- 4 chicken breast fillets
- Extra low-fat natural yoghurt to serve
- Fresh mint, to garnish (can use coriander)

Pistachio Pilaf

- 25 g of olive oil based butter chopped
- 1 onion finely sliced
- 2 cups of chicken stock (low salt)
- 1 cup doongara long grain rice
- 1/4 tsp pf turmeric
- 1/2 cup currants
- 1/3 cup of finely chopped pistachios
- 1/2 cup of finely chopped mint (can use coriander or parsley)
- Pepper to taste

Directions

1. Combine yoghurt, rind, juice, garlic and garam masala in a large bowl. Add chicken, toss to coat. Cover and refrigerate for 30 minutes.



2. Meanwhile, to make pistachio pilaf, melt butter in a medium saucepan. Add onion, cook, stirring until soft. Add stock, rice and turmeric. Bring to boil. Simmer covered for about ten minutes, or until rice is tender. Remove from heat. Stand covered for 10 minutes. Fluff with fork. Stir in remaining ingredients.
3. Drain chicken. Cook in a heated oiled grill pan on both sides until golden brown and cooked. Remove and stand covered for 3 minutes.
4. Thickly slice chicken and serve on pilaf with extra yoghurt. Garnish.

(Tips: Pork fillet can be substituted for the chicken. Mint can be replaced with coriander or parsley)